

VOLUME 54 NUMBER 18

MAY 4, 2013

THE KWALEIN HOURGLASS



Photo by Kim Yarnes

RustMan Triathlon

Photo by Julie Wathen



Clockwise from top, Christina Sylvester, Kendall Westhoff and Chad McGlinn are the first finishers for the women, high school and men, respectively.

For more, see page 6.

Photo by Linn Ezell

New curfew restrictions for Kwajalein youth

1. From May 1 through July 31, 2013, the USAKA/RTS Acting Commander has imposed a restricted curfew. On Monday through Friday nights, children under the age of 18 years (or 18 years of age and enrolled in or recently graduated from Kwajalein High School) are not permitted in public places between the hours of 9 p.m. and 5 a.m., unless accompanied by a parent or custodial guardian, 21 years of age or older. On Saturday and Sunday nights (and additional designated holiday nights during holiday weekends only), children under the age of 18 (or 18 years of age and enrolled in or recently graduated from Kwajalein High School) are not permitted in public places between the hours of 10 p.m. and 5 a.m., unless accompanied by a parent or custodial guardian 21 years of age or older. A granted exception to this policy is the traditional and family-based, graduation weekend festivities.

2. Additionally, until further notice, children under the age of 18 years (or 18 years of age and enrolled in or recently graduated from Kwajalein High School) are not permitted south of 9th Street during hours of darkness. Exceptions to this policy may be requested in writing to the USAKA/RTS Commander, to gain approval prior to conducting family-based or community-related activities.

3. Enforcement of this policy is primarily parental with the assistance of the Provost Marshal's Office and Security and Access Control Contractor. Individuals who violate the provisions of this policy are subject to adverse administrative action by the USAKA/RTS Commander.

— By order of the USAKA Command

MANIT MINUTE

Marshall Islands Environment

There are approximately 1,225 islets in 29 atolls scattered over 3/4 million square miles in the Marshall Islands. The average height above sea level is 7 feet or 2 meters. The highest land area is on Likiep Atoll, where the elevation reaches a maximum altitude of only six meters.

Thumbs Up!



... to Kwajalein Running Club for another fabulous RustMan! What an event!

... to all the yard guys that are courteous enough to wait until a little later in the morning on the weekends to mow.

... to all the RustMan spectators. You made my first RustMan a celebration along the entire course!

... to neighbors that understand quiet time, especially on the weekdays when you have early morning work days, and turn their music down at a decent time.

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Govern-

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KWAJALEIN'S LITTLE TROOPERS



ANELA CORDER
AGE: 5 MONTHS

MILITARY PARENT:
FLOYD CORDER III
STATUS: RESERVE



LEO SOVA
AGE: 3

MILITARY PARENT:
MAJ. MATT SOVA
STATUS: ACTIVE DUTY



HARPER SOVA
AGE: 11 MONTHS

MILITARY PARENT:
MAJ. MATT SOVA
STATUS: ACTIVE DUTY



SANTIAGO GARCIA
AGE: 5

MILITARY PARENT:
MAJ. ALONZO GARCIA
STATUS: ACTIVE DUTY

MONTH OF THE MILITARY CHILD



Photos and graphic design by Sheila Gideon

The Month of the Military Child ended with a Child Development Center visit to the USAKA Headquarters Building on April 27. USAKA Sgt. Maj. Roderick Prioleau hosted the children, giving them a tour of the building and his office. The visit ended with Prioleau reading a book to the kids. It wasn't just any book, it was entitled, "Army Guy," and was written and illustrated by Prioleau himself. Each child received a copy to bring home.

Above, left, Prioleau shows the CDC kids his office.

Above, right, Limalani Lelet and Alana Leines follow along as Prioleau reads "Army Guy" to them.

Bottom, right, Mason Finley browses through the illustrations in the book.



Ross named new SMDC Command Sgt. Maj.

Hourglass Reports

Sgt. Maj. James N. Ross assumed the top-level noncommissioned officer responsibility from Command Sgt. Maj. Larry S. Turner to become U.S. Army Space and Missile Defense Command/Army Forces Strategic Command 10th command sergeant major on April 26.

Lt. Gen. Richard P. Formica, USASMDC/ARSTRAT commanding general, spoke at the ceremony of the importance of the NCO as the backbone of the U.S. Army. Formica thanked outgoing CSM Turner for his 35 years of Army service and for his partnership on the SMDC team. He then welcomed CSM Ross onto the team and said he looks forward to the future of SMDC.



Kwajalein Reclaimed Water Standard Violation

The Reclaimed Water Document of Environmental Protection requires public notification when reclaimed water standards are violated. The reclaimed water system exceeded the Biochemical Oxygen Demand. Per sampling requirements, the sample was collected at the reclaimed water system's point of entry on April 19. BOD levels are used as an indicator of bacteria levels. However, regular bacteriological sampling within the reclaimed water system shows no increase. No health-based restrictions on the normal use (irrigation, vehicle washing, etc) of reclaimed (non-potable) water are necessary. Additionally, there was no threat to public health or the environment as a result of this BOD exceedance. If you have any questions, please the environmental department 51134.

Violation ikijen kakien eo kon Reclaimed Water eo ion Kwajalein

DEP ak Reclaimed Water Document of Enviornmental Protection ej kamelet bwe en wor kakol ko nan jukjuk in bed eo elanne enaj jonok ko ilo reclaimed water eo ejjab emman ak ewor jorran ko ie. Men eo roj na etan reclaimed water system eo ej kwalok ke elab im eman jonan Biochemical Oxygen Demand (BOD) ak kein bobrae ko an kij ko ilo dren eo. Ilo juon jonok ekkar nan kakien, jonok ak sample ko kar maron in kommane ilo reclaimed water system point of enter jonok ko ilon tata ekar komman ilo kar 19 April 2013. Jonok kon kon BOD roj jermal nan kwalok jonan kij ko ilo dren. Ijo ke, jonan bacteriological sampling ak kein kakolkol kij ko ilon reclaimed water system eo ej kwalok ke ejjelok lablok ie. Ej jab jelot ejmour an armij elanne ronaj kojerbal reclaimed water in (non-potable) nan (kareo ak utdrik-drik, kwakwol wa, im ko eier lok wot) elanne ej menin aikuj. Kakobaba, ejjelok uwata nan public health (ejmour) ak melan im jukjuk in bed eo itok wot jen jermal in BOD in. Elanne enaj wor kajitok ko, joiy im kur tok enviornmental department eo ilo 5-1134.



Yokwe!

Dr. Paulette Foster-Galbraith is the new Chief Medical Officer at Kwajalein Hospital. She is a native Texan and received her MD from the University of Texas Health Science Center, San Antonio, where she also completed internship and residency. She is Board Certified in Family Medicine and for the first 13 years of her practice, provided non-profit primary care on the Mississippi Gulf Coast with the Medical Foundation of South Mississippi. In

2008, she founded The Wellness Center at Gulfport, where in addition to her full time practice, she served as a clinical preceptor for various universities and programs in Mississippi.

In 2011, she sold her private practice and her family moved to the small island of Ambergris Caye, Belize, Central America, where she was appointed Assistance Professor of Medicine at American Global University of Medicine and Washington University of Health and Science. As part of their commitment to their new community, she served as a general member of the Board of Trustees for the Ambergris Caye Red Cross, and she and her husband were members of the Board of Trustees for Ambergris Caye Elementary School. In addition to teaching, Galbraith commuted and worked monthly in the Southeastern United States as a locum tenens hospitalist and intensivist.

Galbraith's primary love in medicine is diagnostic anomalies as well as women's and adolescent care. If you ask Galbraith what her profession is, though, the first thing she will tell you is that she is a wife and mother of three children, Ian, Bronwyn and Keira. She brings to Kwajalein her personal and office mission: "Committed to the health of your body, mind and spirit, one patient at a time, the best I can do."

ALCOHOL AWARENESS

ALCOHOLISM, HOW TO SEEK TREATMENT



By Joan Lanning, Ph.D.
KRS Employee Assistance Program

When I first started working in the area of psychological health, public attitude toward mental health diagnoses often was one of suspicion, fear or belief that the person should and could just get over the problem – individuals should have moral fortitude. With time and education, people have become more compassionate toward those who suffer from genetic conditions, chemical imbalances or unfavorable childhood experiences that contribute to a variety of dysfunctions. More people from all walks of life are openly sharing battles with diagnoses such as depression, bi-polar disorder and chemical dependency. The public gets it; some people are born with or predisposed to conditions that they have no natural control over, including alcoholism.

It is true that people do have some choices that can reduce their dysfunction. For example, people can make choices to take their medication and, in the case of depression, exercise. One of the many benefits of exercise is that it produces natural chemicals that increase one's sense of well-being. There are tools that people can master which improve behavior and relationships; but, comprehending the brain's built-in reward system and how it can go awry in the case of addiction is complicated.

In spite of all the information gained from research devoted to alcoholism, it is still puzzling in many ways. Alcoholism has been defined as a disease. This is a problematical concept for many. You don't *catch*

alcoholism from someone or have it because of a *virus*. Why do some people become addicted while others have no interest in drinking? In the book "Alcoholism: Development, Consequences, and Interventions" by Nada Estes and Edith Heinemann, five types of alcoholism are defined:

1. The continued use of alcohol to relieve body or emotional pain contrary to social rules about occasion and amount of consumption.

2. Heavy drinking producing ill health and social problems without addiction.

3. Loss of control over the amount consumed with increased tissue tolerance to alcohol, adaptive cell metabolism, withdrawal symptoms and craving.

4. A variety of #3 in which the patient does not lose control over the amount consumed on a given occasion, but cannot abstain from the continuous use of alcohol.

5. Binging. Same as #3 but done on a periodic basis.

Chemical abuse is complex and the result of many interacting factors. We know that chemical use can have multiple roots – including family history, availability and anxiety or depression – and occurs in a social setting that includes family, a group of friends, a neighborhood, and so on. Accordingly, treatment is complex. "The Addicted Brain" by Michael Kuhar, Ph.D., lists several principles of good treatment:

1. No single treatment is good for all individuals.

2. Subjects must remain in treatment for an adequate period of time to get benefit.

3. Detoxification or getting the alcohol/drug out of your system is

only the first stage of treatment.

4. Effective treatment addresses multiple problems of the person.

5. Treatment plans must be continually assessed and modified to meet the subject's changing needs.

6. Counseling and "behavioral therapies" should be part of treatment.

7. Medications are important for some users and can be effective when combined with counseling.

8. Alcoholism and drug abuse are often associated with an additional diagnosis of anxiety or depression. Both need to be treated.

9. Treatment doesn't have to be voluntary to work.

Alcoholics Anonymous (commonly known as "AA") is a resource that has proven beneficial for millions once they get in recovery. It is based on the power of the group, the power of confession and the development of new levels of self-awareness. AA helps to neutralize the power of the cues that can send a person back into relapse and forces the individual to confront the consequences of their alcoholism. According to Steven Grant of the National Institute on Drug Abuse, "These therapeutic processes change the brain..." and compel it to operate as designed prior to its pre-addiction state.

There are AA meetings all over the world and online. AA meetings are accessible 24 hours a day. Attendance at AA is confidential, open to only alcoholics (unless otherwise specified) and is offered on Kwajalein at 6 p.m., on Wednesday and Sunday evenings. Family members can get support from Al-Anon. For additional information, call EAP at 55362 or the hospital at 52225.

Athletes test their endurance at RustMan Triathlon

By Bob Sholar
KRC Vice President

After 37 swimmers climbed into the Kwajalein lagoon near the cargo pier, Sgt. Maj. Roderick Prioleau bull horned one of the heartiest sendoffs ever, as official starter of the 34th annual RustMan swim-bike-run triathlon on Monday. Prioleau then traveled the course on foot and bike for hours, encouraging participants.

Chad McGlinn's 2 hours, 10 minutes and 47 seconds total time put him first overall for the third year in a row and the fourth fastest time ever in 34 competitions. In 2012, McGlinn scored the third fastest time ever in 2:08:36. McGlinn plans to PCS this summer and leaves a remarkable legacy in local triathlon. We've watched him morph over the last three years into an endurance machine, and hope he returns for some future RustMan competitions.

First for the ladies was Christina Sylvester in 2:44:15, her second ladies title. Christina's husband, Ron, completed his fifth RustMan, finishing fourth overall in 2:32:10.

Rich Erikson finishes the run portion of his solo RustMan competition.



Photo by Julie Wathen

Jane Erikson, of team Blister Sisters, has time for a smile during her laps around the runway.

The performance highlight was ninth-grader Kendall Westhoff's 2:17:50. He broke the 26-year-old male high school division record; the old record was 2:18:46 set by Kenny Jourdan. To ensure they would see plenty of him on the course, Kendall's parents, Richard and Cindy, each decided to do their first complete RustMan alongside him. They saw their son often and suddenly, as he whizzed by during the bike and run loops. We did the math and 12 percent of the solo field was named Westhoff.

When it comes to performance, how could we leave off the 3:28:42 personal record by 69-year-old Victor Langhans, who won the Social Security Eligible division. Ray Drefus became just the fifth SSE finisher ever in 4:11:10.

The team section was won by a duo with a long RustMan history. Tom Cardillo has been the overall winner four times and Krystal Peterson has won the ladies division twice. Having missed training time for various reasons, they teamed this year and won that section in 2:16:28. Oh yes, both have one-year-old sons!

A pleasing aspect of triathlon at Kwajalein is the diversity of the field: Army officers, Department of the Army civilians, high school students, young mothers, clerics, mechanics, radar professionals, teachers, and this year, a U.S. ambassador. U.S. Ambassador to the Republic of the Marshall Islands, Thomas Armbruster, visited from Majuro and swam for a team, as did his son Bryan. They finished their swims and dashed to the airport to catch the flight back to Ma-

juro, taking off before their teammates finished.

The lone purist on a one speed bike was Mike Savage doing his fourth RustMan. Tire problems slowed him this year.

The field included many first-time solos, who watched the event for years and finally got the bug: Jon Mitchell, DeDe Hall, Alison Bowers and Nick Yarnes.

There were no serious road rash cases or dehydration requiring IV fluids this year. Some bikers did experience flat tires. Lagoon swim conditions were not ideal and the times of repeat swimmers were slower than last year.

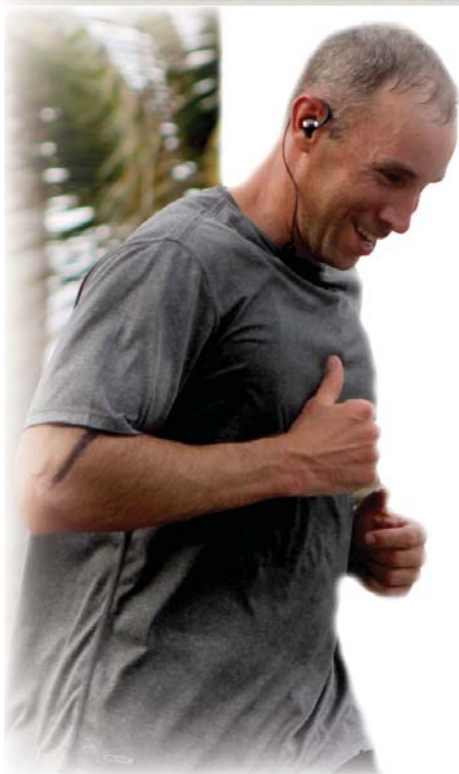
The event was co-sponsored by Kwajalein Running Club and Kwajalein Range Services Community Activities department.

Ben Souther begins the bike portion of the RustMan.





Photos by Linn Ezell, Steve Scruton and Kim Yarnes



Clockwise from top left, Wes Kirk's daughter, Meredith, joins him as he crosses the finish line; Nick Yarnes, Alison Bowers and George Gansel compete in their first ever RustMan Triathlon.

Solo Competitors Results		
Category	Name	Total Time
MM	Chad McGlinn (4)	2:10:47
MT	Kendall Westhoff (2+)*	2:17:50
MS	Jon Jahnke (7)	2:28:55
MM	Ron Sylvester (5)	2:32:10
MT	Michael Sykes (2+)	2:37:05
MM	Rich Erikson (4)	2:38:52
MO	Matt Brown (1)	2:39:45
FM	Christina Sylvester (4)	2:44:15
MM	Wes Kirk (1)	2:51:56
MM	Jon Mitchell (1)	2:58:02
MM	Mike Savage (4)	2:59:24
MM	George Gansel (1)	3:01:59
MM	Scott Wright (1)	3:07:04
MO	Ben Souther (1)	3:11:52
MO	Matt Sova (1)	3:17:36
MS	Rich Westhoff (1)	3:19:37
FO	DeDe Hall (1)	3:20:38
FM	Alison Bowers (1)	3:22:18
FO	Shannon Paulsen (1)	3:26:28
SSE	Vic Langhans (2+)	3:28:42
MO	Tommy Ryon (1)	3:28:59
MT	Hayden Heidle (1)	3:46:17
MO	Nick Yarnes (1)**	4:02:06
SSE	Ray Drefus (1)***	4:11:10
FS	Cindy Westhoff (1)	4:14:35
M=Male F=Female, T=Teen, O=Open, M=Masters, S=Seniors, SSE=Social Security Eligible (62+)		
Number after name is count of solo completions. Plus sign indicates personal best in 2013.		
*New male high school record. Old record was 2:18:47 by Kenny Jourdan in 1987.		
**Biked two extra loops in flat tire mix up		
***Became fifth SSE finisher ever		

Team Competitors Results					
Teams: Swimmer, Biker, Runner	Team name	Swim Time	Bike Time	Run Time	Total Time
Tom Cardillo (swim and bike), Krystal Peterson	For Iji and Jaden	0:18:06	1:11:54	0:46:28	2:16:28
Tom Armbruster, Elliott Moseley, Ben Bartyzel	Better Last Century	0:18:34	1:14:45	0:49:54	2:23:13
Christi Cardillo, Jane Erikson, Alex McGlinn	Blister Sisters	0:19:31	1:21:21	0:53:15	2:34:07
John Sholar, Sam Jahnke, David Sholar	Team KHS	0:15:14	1:27:29	0:55:08	2:37:51
Jay Lord, Josh Griffin, Pam Melinauskas	Beauty and the Beards	0:17:55	1:17:04	1:02:57	2:37:56
Kristen Hosek, Amber Bates, Wyatt Jones	Lots of Blonde	0:16:25	1:30:24	0:55:10	2:41:59
Bryan Armbruster, Bruce Premo, Bess Buchanan	Bryan, Bruce & Bess	0:23:08	1:20:34	1:05:00	2:48:42
James Albrecht, Dean Wiley, Austin Wiley	Team RTS	0:21:12	1:31:29	1:05:51	2:58:32
Shawn Carpenter, Jay Monnot, Nikki Delisio	Not In It To Win It!	0:17:01	1:36:27	1:05:57	2:59:25

DISPATCH FROM ROI

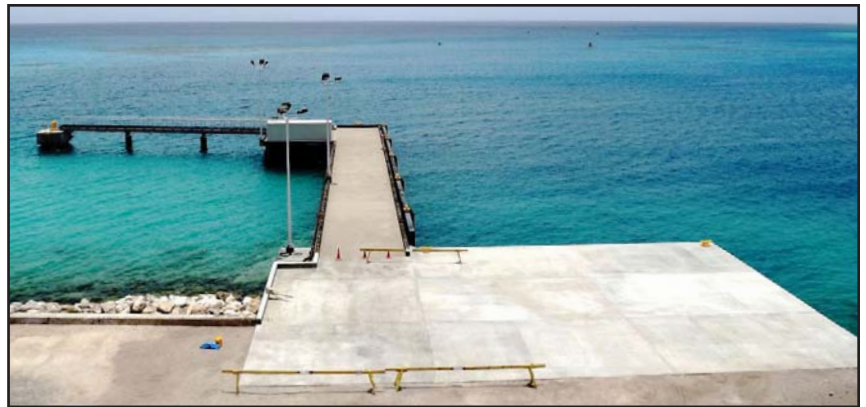


Tom Huchinson, right, cuts the ribbon to the newly finished Fuel Pier on Roi.

From Jeff Paquin



From Jane Erekson



From Jeff Paquin



From Jeff Paquin



From JoDanna Kalinowski

View from Kwaij

We need your submissions to keep this page full! Email to:
usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Julie Wathen



From Kim Yarnes



From Julie Wathen



From Linn Ezell



From Steve Scruton



From Steve Scruton

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

KRS EMPLOYMENT applications are continually accepted for casual positions in the community services departments, medical department and the HR temp pool. Some of the casual positions are recreation aid, medical office, substitute teacher and HR temp pool of office support. Questions, call 54916.

AVIATION SUPPLY Supervisor, grade 10, open to all. Berry Aviation seeks a motivated individual with experience in the following areas: supply, purchasing, inventory, supervisory experience, familiarity with KEAMS and knowledge of Microsoft Office. Interested individuals should submit a resume to Cindy Cullen at cynthia.cullen.ctr@mail.mil no later than May 21. For additional information, call 54547.

COMMUNITY BANK has an opening for a 20-hour, part-time teller. Visit <http://careers.dodcommunitybank.com/> for more information or if interested in applying.

LOST

APPLE IPOD NANO, 16GB, peach/pink color, 2.5-inch screen, and Mobile Mini Speaker from Brookstone, connects via standard headphone jack and USB, last seen the morning of April 25 in front bike bag of Cannondale bicycle at the golf course. Call 51407.

FOUND

BIFOCAL SUNGLASSES, black, at the CAC office. Call 58496.

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel
Roi-Namur service, 7 p.m., Second and Fourth
Friday of each month. Appointments with Fr. Vic
available after dinner.

Protestant

8 a.m., Sunday, Traditional Service

9:15 a.m., Sunday School

11 a.m., Sunday, Contemporary Service
7 p.m., First and Third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more
information.

WANTED

USED JOGGING STROLLER. Call 51763.

FOR SALE

BLUE SECTIONAL COUCH, good condition, \$150. Call 52370.

TAN RECLINER, excellent condition, \$30; Sunbeam teapot, like new, \$10; AT&T answering machine/telephone, \$20, small microwave, \$25; toaster oven, \$15. We PCS Wednesday! Call 52547 ASAP.

TWO KINDLE FIRE tablets, 7-inch display, Wi-Fi, 8GB, with case, charge cable, \$125 each; two Samsung Galaxy 5.0 players, 24GB memory, HD audio and video, Android v 2.3.5, Wi-Fi 802.11 b/g/n, 3.2 MP front and rear facing camera, with case, charge cable, \$150 each. Call 52597.

HP PAVILION Entertainment 17-inch laptop with charger, like new, with GeForce graphics processor for HD video playback, Altec Lansing speakers, Vista Home Premium, Intel dual-core processor, 4GB DDR2 SDRAM, 500GB HD, Lightscribe DVD+RW drive, \$650 or best offer. Call 52525.

PRINTER, HP Officejet J6480 All-in-One, color print, copy, scan, fax, includes manuals, \$40. Call 51236.

CANON EOS REBEL T2i 18 MP CMOS APS-C digital SLR camera with EF-S 18-55mm f/3.5-5.6 IS Zoom Lens and EF 75-300mm f/4-5.6 III telephoto zoom lens and carrying backpack, \$700 or best offer. Call 51637 and leave a message.

STEREO, AM/FM, cassette, CD, subwoofer, two speakers, iPod auxiliary input, \$100; Bluetooth headphones, LG HBS700, \$45; Acer 22-inch LCD monitor, \$75; Phillips BDP5010 Blu-ray player, \$75; two 2.5-inch 500 GB internal hard drives, \$40 each; 3.5-inch 1TB internal hard drive, \$65; Logitech wireless mouse and keyboard, \$25. Call Mike at 55987.

MACGREGOR CATAMARAN, *Georgina*, 36-foot, excellent condition, full compliment of sails, BigFoot kicker, trailer for easy pullout and maintenance, \$9,000 or best offer. Call Dick at 51684 or email richard.cheryl.shields@gmail.com.

PROLINE 23-FOOT POWERBOAT, excellent condition, with Suzuki 250HP 4-stroke, low hours, 15HP Mercury kicker, aluminum hardtop, aluminum trailer with new wheels, plenty of tools and maintenance materials, fast, sturdy boat in great shape for diving, fishing, water sports or cruising, \$32,000 or best offer. Call Dick at 51684 or email richard.cheryl.shields@gmail.com.

ROI HAPPENINGS

TO CELEBRATE CINCO DE MAYO, we are having a salsa contest at 7 p.m., Sunday, at the Outrigger. There will be bar and Snack Bar specials and salsa dancing later in the night.

THERE WILL BE A Kentucky Derby on Sunday at the C Building. Time to be announced.

THERE WILL BE A Roi Fun Run/Walk at 5:30 p.m., May 17, in front of AAFES. Walk around the runway

with some friends!

MAY 26-27 WILL BE A Memorial Day Fishing Tournament. More details to come.

MAY 27 THERE will be a Memorial Day Pool Bash.

FRIDAY NIGHTS are Game Nights at the Outrigger.

COMMUNITY NOTICES

OCEAN VIEW CLUB celebrates Cinco de Mayo at 8 p.m., Sunday. Come out for some fun, music, food, fiesta and drink specials.

CHRISTIAN WOMEN'S FELLOWSHIP Luncheon will be at noon, Sunday, at the REB. All island ladies are invited. We will be having elections for the new board, and a guest speaker from Ebeye. Any questions, contact Joyce Dashner at 51938.

RMI DEPARTMENT of Motor Vehicle licensing will process RMI driver's license renewals and new issues from 9 a.m.-4 p.m., Monday, at the RMI Representative's Office located at Building 901. If you would like to renew or get a new RMI driver's license, bring picture ID. Cost of both renewals and new issue is \$20. Questions, call the RMI Representative to USAKA's office at 53620 or 53600.

THE GOLF COURSE is celebrating National Putt Putt Golf Day at 1 p.m., on Monday. New challenges will be on the course for this event, as well as the bounce house. We look forward to seeing everyone for this great day.

WOODSHOP ORIENTATION class will be at 6 p.m., Tuesday, at the Hobby Shop. Call 51700 to sign up.

KWAJALEIN ART GUILD meeting will be held at 5 p.m., Tuesday, in the Art Annex next to the Hobby Shop. Members, new members and guests welcome!

THE HOBBY SHOP will be offering a ceramic pouring class from 5-9 p.m., on Wednesday. The cost is \$25 and closed-toed shoes are required. To sign up, stop by the Hobby Shop to reserve your spot! Space is limited.

JOIN US FOR QUIZZO 7:30 p.m., Friday, at the Vet's Hall. Special guest hosts Steve DeLange and Travis Engstrom will puzzle your minds with trivia questions! Questions? Contact Mike Woundy or Neil Dye.

RUSTY FAMILY 'Mini' Triathlon will be at 4 p.m., May 13, with an Emon Beach course hub. The course is a 500-yard lagoon swim, 10-mile bike (two airfield loops) and 2-mile run in the housing area. Pre-registration is required by Thursday. Get forms with course maps at Mini-mall bulletin board or quarters 473-A. This event is a partnership of Kwajalein Running Club and KRS Community Activities. Questions? Call Bob and Jane at 51815 or Ben and Linn at 51990.

STUDENT MUSIC RECITAL IS AT 7 p.m., Thursday, in the MP Room at the high school.

ULTIMATE MUSIC THEORY and guitar workshop will be offered for four weeks, beginning May 13, from 7-8:30 p.m. Free beginner to intermediate guitar instruction for ages 13 to adult. Call Brandon McAfee at 51992 for information or to sign up.

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 11
Kwaj Fried Chicken	Garlic Roast Beef	Beef Lasagna	Giribaldi Sub	Savory Stuffed Cabbage	Grilled Cheese	Spaghetti
Huevos Rancheros	Crabs Benedict	Cheese Manicotti	Honey Garlic Spareribs	Oriental Chicken	Pot Roast	Meatballs
Ham Marco Polo	Quiche	Garlic Toast	Baked Beans	Macaroni and Cheese	Herb Breaded Pollock	Chicken Stir-fry

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 11
Beef in Tomato Sauce	Beef Curry	Lemon Pepper Chicken	Carved Round of Beef	Teriyaki Beef	Oven Fried Chicken	Grilled Minute Steak
Chicken Stir-fry	Buffalo Wings	Hawaiian Chopped Steak	Bacon Cheddar Chicken	Pork Egg Rolls	Mashed Potatoes	General's Chicken
Steamed Red Potatoes	Green Beans	Rice Pilaf	Baked Potatoes	Sesame Noodles	Vegetarian Stir-fry	Thyme Roast Potatoes

Thank You

We want to thank the Kwajalein community for such an amazing display of support and generosity. Even after our years on Kwajalein building friendships and camaraderie, we were truly surprised by such a gesture. These are very trying times for us and this outpouring of love and caring means the world to us. We love and miss you all.

— Bridget and David Helm

A WHEEL THROWING class will be taught by Dax Mitchell at 6 p.m., May 14, 15 and 17, at the Hobby Shop. Cost is \$75. Class size is limited so sign up now! Call 51700.

KWAJALEIN SCHOOL Advisory Council public meeting is scheduled for 7 p.m., May 15, in the Elementary School Coconut Room. This will be the last meeting for the 2012-2013 school year. The public is invited to attend.

PASSPORT PROCESSING DAY IS FROM 9-11:30 a.m. and 1:30-3:30 p.m., May 18, at Building 730, Room 102, Legal Office. For U.S. minors/first time applicants only. Parents of minors need to bring the following: Form DS-11-filled out (but not signed); photos; U.S. birth certificate, or Report of Birth Abroad; both parents and minors must appear in person; parents photo ID (passport/driver's license) and marriage license; check or money order for \$105 (\$60 to expedite). Applications available at USAKA Legal Office entrance. Call 53252 or 53417 for more information.

ROCK AND BOWL will be from 6-10 p.m., May 18, at Kwaj Lanes. Bring your beverages and dress up for the best of the 80s and 90s. Shoes are \$2, and \$2 per game. Adults only. Come Rock and Bowl and enjoy the show!

FOLLOW THE YELLOW BRICK ROAD to the Jr./Sr. High School Art Show, 2-4 p.m., May 19, in the MP Room. The theme this year is Imaginary Places! The Mad Hatter's Tea Party (Spartan Espresso) will be offering delicious drinks to help you get small. The first 20 people to get their golden ticket stamped will receive an Everlasting Gobstopper. Imaginative hats and costumes are definitely welcome. We hope to see you there!

AMERICAN LEGION POST #44 presents "MOM" Golan BBQ in honor of Mother's Day, from 5-8 p.m., May 19, at the Vet's Hall. Tickets are \$40 and are available at the Vet's Hall or from Post #44 members. Dinner includes delicious Mongolian BBQ and soda or water. Questions? Contact Mike Woundy or John Pennington.

GREAT KWAJ SWAP MEET IS 9-11 a.m., May 20, at Emon Beach. One complimentary table per household, additional table \$10. Pickup services provided, ask for pickup when registering. No oversized items. Call the CA office at 53331 to reserve your table. Space is limited. Get started on your spring cleaning today!

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and will see patients May 26 through June 6. Call the Hospital for an appointment at 52223 or 52224

for eye exams, or ES&H at 58855 for prescription safety glasses.

THE UNIVERSITY OF MARYLAND University College announces 2013 Summer Session registration is now open through May 29. Session dates: June 3-July 28. Schedules can be viewed by visiting the website <http://www.asia.umuc.edu/>. Need help? Email the Asia office at de-asia@umuc.edu or call or visit the Kwajalein office at 52800, Coral BQ, Room 1.

FREE LAB TESTS will be conducted at the Kwajalein Hospital May through June courtesy of the Quality of Life Fund. They will include a fasting lipid panel to check heart health, and a fasting blood glucose and hemoglobin A1C to check for diabetes. All residents and workers on Kwajalein and Roi are eligible for testing. No appointment is necessary, but, do not have anything to eat or drink for at least 8-12 hours before having your blood drawn. Blood draws will be performed 7 a.m.-4:30 p.m., on Wednesdays and Thursdays. Come directly to the Hospital Lab, on the ground floor of the hospital, and sign in there. Questions may be directed to Jamie Stevenson at 53667.

THE MET ROCKET launch area (by TM hill) is closed to the public until mid-May due to mission activities.

QUALITY OF LIFE. BQ residents: you now have seven representatives on the QOL committee, five on Kwaj and two on Roi. Through them you will be able to initiate your project ideas, activity recommendations, concerns regarding expenditure of Quality of Life funds. Communicate and be heard! Kwaj representatives are Jan Abrams, Travis Engstrom, Jim Hockenberger, Tim Roberge and Bill Williamson. Roi representatives are Laura Pasquarella-Swain and Stacey Helt.

CHILD DEVELOPMENT FAMILIES, we would love your feedback. Go to <http://www.surveymonkey.com/s/KRSCYSSCDC> and take our online survey. Your comments and suggestions help improve our community. Questions, call the Central Registration Office at 52158.

DO YOU HAVE CHILDREN? We would love your feedback about the services available here on Kwajalein. Child, Youth, and School Services would like you to visit <http://www.surveymonkey.com/s/USAKA-CDC> and complete our online survey. Questions, call the Central Registration Office at 52158.

KWAJ KIDS' CLUB PARENTS, we would like your feedback. Visit <http://www.surveymonkey.com/s/CYSSSchoolAge> to take our online survey about the before and after school program, open rec events, 4-H

Military Casualties

Two Soldiers were killed April 23, in Pul-E-Alam, Afghanistan, of wounds suffered from enemy indirect fire. They were assigned to the 2nd Aviation Battalion, 10th Combat Aviation Brigade, 10th Mountain Division, Fort Drum, N.Y. Killed were **Capt. Aaron R. Blanchard**, 32, of Selah, Wash., and **1st Lt. Robert J. Hess**, 26, of Fairfax, Va.

Four Airmen died April 27, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft. Killed were **Capt. Brandon L. Cyr**, 28, of Woodbridge, Va., assigned to the 906th Air Refueling Squadron, Scott Air Force Base, Ill.; **Capt. Reid K. Nishizuka**, 30, of Kailua, Hawaii, assigned to the 427th Reconnaissance Squadron, Beale Air Force Base, Calif.; **Staff Sgt. Richard A. Dickson**, 24, of Rancho Cordova, Calif., assigned to the 306th Intelligence Squadron, Beale Air Force Base, Calif.; and **Staff Sgt. Daniel N. Fannin**, 30, of Morehead, Ky., assigned to the 552nd Operations Support Squadron, Tinker Air Force Base, Okla.

and summer camp. We value your input! Questions, call the Central Registration Office at 52158.

BINGO FEEDBACK. Community Activities is excited to be managing Bingo and we want to make sure the experience is as enjoyable as possible. Take a moment to provide us with your feedback on our operation: <http://www.surveymonkey.com/s/B37XLRH>.

LIBRARY FINES. If you owe fines to the Grace Sherwood library, pay them at the Community Activities Office from 8 a.m.-noon or in the library from 1-4:30 p.m.

BOX TOPS FOR EDUCATION are still being collected! Clip box tops from participating food items and send them to school with your children or drop them off at Surfway's bulletin board. The Box Tops will help support the Ri'katak student lunch program.

E-TALK: Turtle nesting time is here! Avoid heavy foot traffic and pet activity on beaches with active nests.

SAFELY SPEAKING: Keep your bike well maintained, internal corrosion is a leading cause of serious bicycle failures that lead to injury.

Café Roi

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 11
Beef Manchaca	Rosemary Roast Beef	Fried Fish Sandwich	Chicken Pesto Sandwich	Grilled Burger Bar	Grilled Pastrami Cheese	Chicken Sandwich
Grilled Chicken Breast	Eggs a la Lucio	Blackened Flank Steak	Roasted Turkey	Chicken Cordon Bleu	Baked Fish Casino	Ropa Vieja Beef
Huevos Rancheros	Sweet Potatoes	Red Beans	Stuffing	Onion Rings	Cheesy Pasta	Black Beans and Rice

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 11
Chicken Scampi	Memphis Spareribs	Pollo Asado	Carved Steamship	Roi Fried Chicken	Barbecue Spareribs	Italian Flank Steak
Italian Stracotto Beef	Chicken Adobo	Beef Enchilada	Chicken Pot Pie	Italian Meatloaf	Fried Fish	Baked Penne
Polenta	Candied Yams	Pinto Beans	Corn on the Cob	Mashed Potatoes	Baked Beans	Pesto Grilled Chicken

KWAJ SPORTS



BOWLING

Friday, April 26

Tagalos def. Barracuda	5-2
Kwaj Keglers def 10 Pins "Ya Right"	5-2
We Fly Pumpkins def. South of Sanity	5-2

TOP BOWLERS - MEN

Tony Savage: 266

Steve Simpson: 201

Rich Cunrod: 197

TOP BOWLERS - WOMEN

Tammy Gallegos: 141

Cindy Cullen: 139

Hillary Berry: 137

STANDINGS

We Fly Pumpkins	22-6
Barracuda	16-12
South of Sanity	15-13
10 Pins "Ya Right"	11-17
Tagalos	11-17
Kwaj Keglers	9-19



Wednesday, April 24

Spartan 1 Coed def. First Stop	12-11
North Camp #1 def. Au-Rah	20-19
Old, Fat & Lazy def. Redrum	23-4

Thursday, April 25

7/8 Grade Coed def. Island Sunset	17-15
Unit 9 def. Bakai' Erma	28-10
Mixer def. Trouble Makers	9-5
Paco def. RF Hazards	18-14

Friday, April 26

Spartan 1 Women def. Scrubs	15-9
Old, Fat & Lazy def. Criminals	7-6
Dirty Mike def. Redrum	20-10

Tuesday, April 30

Mejen Metak def. Spartan 1 Women	7-6
Unit 9 def. Trouble Makers	10-4
Mixer def. Bakai' Erma	7-6
Lollygaggers def. Paco	23-10

LEAGUE STANDINGS

A League

Old, Fat & Lazy	5-1
North Camp #1	5-1
Criminals	4-2
Dirty Mike & The Boys	2-4
Redrum	2-5
Au-Rah	0-5

B League

North Camp #2	5-1
Bakai' Erma	5-2
Unit 9	5-2
Mixer	3-4
Troublemakers	2-5
Tiger	1-5

Coed League

Lollygaggers	5-0
Paco Loves the Beaches	4-2
RF Hazards	2-3
Spartan 1 Coed	1-2
First Stop	0-4

Women's League

Mejen Metak	4-2-1
Scrubs	3-1-1
Spartan 1 Women	3-3
7 & 8 Coed	2-3
Island Sunset	1-3

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE-E at 13-18 knots
Monday	Partly Sunny	10%	ENE-E at 11-16 knots
Tuesday	Partly Sunny	10%	E at 9-14 knots
Wednesday	Mostly Sunny	<10%	ENE at 10-15 knots
Thursday	Mostly Sunny	<10%	NE-ENE at 10-15 knots
Friday	Partly Sunny	10%	NE-ENE at 11-16 knots

Yearly total: 12.75 inches

Yearly deviation: -4.54 inches

Call 54700 for updated forecasts or visit www.rts-wx.com.

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:32 a.m. 7:00 p.m.	2:45 a.m. 3:05 p.m.	1:13 a.m. 3.0' 6:00 p.m. 3.9'	7:16 p.m. 0.8' 11:56 p.m. -0.5'
Monday	6:32 a.m. 7:00 p.m.	3:28 a.m. 3:54 p.m.	2:03 a.m. 3.4' 2:13 p.m. 3.4'	8:11 a.m. 0.5' 8:23 p.m. 0.1'
Tuesday	6:32 a.m. 7:00 p.m.	4:11 a.m. 4:43 p.m.	2:41 a.m. 3.8' 2:54 p.m. 3.6'	8:54 a.m. 0.1' 8:57 p.m. -0.1'
Wednesday	6:31 a.m. 7:00 p.m.	4:55 a.m. 5:31 p.m.	3:14 a.m. 4.1' 3:28 p.m. 3.7'	9:29 a.m. -0.1' 9:28 p.m. -0.3'
Thursday	6:31 a.m. 7:00 p.m.	5:39 a.m. 6:20 p.m.	3:45 a.m. 4.4' 4:00 p.m. 3.7'	10:02 a.m. -0.3' 9:57 p.m. -0.4'
Friday	6:31 a.m. 7:00 p.m.	6:24 a.m. 7:10 p.m.	4:14 a.m. 4.5' 4:31 p.m. 3.7'	10:33 a.m. -0.5' 10:26 p.m. -0.4'
May 11	6:31 a.m. 7:00 p.m.	7:10 a.m. 7:59 p.m.	4:43 a.m. 4.5' 5:01 p.m. 3.6'	11:04 a.m. -0.5' 10:55 p.m. -0.3'